Health Pg 14

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2007 Edmonton Police Service & Edmonton Police Commission Annual Report to the Community

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Mandatory taxi shields delayed

SAFETY Added protection for cab drivers might take a little longer than anticipated, a council committee heard yesterday.

The decision to make safety shields mandatory in cabs was made in June, but it's taken longer than expected to find proper technical specifications required for vehicle partitions.

"They need a bit more time to evaluate the European standard that's used currently for their safety shield program," said Coun. Don Iveson.

The shields cost between $800 and $1,000 to install. The costs are absorbed by the owner of the taxi, who are often the drivers themselves and Iveson says they can install them now if they choose.

"There's nothing preventing anyone from putting in a shield right now," Iveson said.

Iveson says he hails a cab once and a while when he misses the bus, and that drivers who have the hard plastic dividers are uniformly pleased with them.

VICTORIA HANDYSIDES/ METRO EDMONTON

Election 2008 pg 8

- Lawrence Martin looks south of border
- Dion all guns blazing
- Harper's middle path
- May rips all boys' club

Sports page 13

Five in a row for Federer

Drop Zone **Rappelling for the kids**

JIMMY JEONG/FOR METRO EDMONTON

Angie Kretzschmar rappels down the Sutton Place Hotel dressed as Wonder Woman yesterday as part of the Easter Seals Drop Zone event. Each participant raised a minimum of $1,500 for Easter Seals, a charity helping children with mental and physical disabilities.

Sudanese man admits killing pregnant wife

VICTORIA HANDYSIDES
victoria.handysides@metronews.ca

A Sudanese refugee quietly admitted yesterday in Court of Queen's Bench that he brutally murdered his pregnant wife and stuffed her body in a ditch, after learning he wasn't the father of her unborn child.

John Both, 43, sat expressionless in the prisoner's box yesterday, occasionally nodding slightly when spoken to by an interpreter, who described all court proceedings in his native Nuer, a language spoken in southern Sudan.

"The courts have attempted to send a signal to the public that while all killing is to be denounced, the killing of a spouse, particularly one that is pregnant, is particularly onerous," said Justice Adam Germaine, after handing Both a life sentence with no chance of parole for 10 years.

Court heard yesterday from an agreed statement of facts that John Both and his 27-year-old wife Nyibol Chuol came to Edmonton as refugees in 2003, and lived as a family with their nine- and twelve-year-old nephews.

> **"It has been, and will continue to be a very lonely time for Mr. Both."**
> Charles Davison

Both worked in a bakery, while Chuol raised the two boys and attended school, where she was learning to speak English.

In Aug. 2006, Both discovered that the baby his wife was carrying was not his, and became enraged when she refused to reveal the identity of the father. She was three-and-a-half months pregnant.

He admitted to stabbing his wife multiple times, and dumping her body in a ditch near Highway 16 and Range Road 222, where he covered it with leaves and grass.

When Chuol's cousin, Nihal Deng Awer, discovered she was missing and attempted to call 9-1-1, Both chased him with a kitchen knife and stabbed him in the arm, leaving a wound that went to the bone.

When police discovered her body Sept. 16, it was in such an advanced state of decomposition, portions of her skull and bones were visible.

His lawyer, Charles Davison, said Both uttered "I had no right," when admitting the crime.

"It has been, and will continue to be a very lonely time for Mr. Both," Davison said.

Layton calls for oilsands moratorium

Election 2008

FORT SMITH, N.W.T. NDP Leader Jack Layton took his campaign to the north yesterday, and did a fly-by of the Alberta oilsands saying he wants to alert Canadians to the environmental costs of the developments.

Layton told a group of about 75 people yesterday that all Canadians need to know about the potential for environmental disaster in communities whose members once could drink from almost every creek, river and lake.

area

- The oilsands cover about one-fifth of Alberta's land mass.

"We just passed over the development in northern Alberta … and it's depressing to see untrammelled development with significant environmental consequences taking place with no action by the government to address it," said Layton, who called for a moratorium on further development.

On the way from Calgary to Fort Smith, Layton's campaign plane dropped to 1,500 metres for a good look at the Alberta oilsands. The large toxic tar ponds — some lake-sized — were immediately visible from the air, including one where hundreds of dead ducks were found earlier this year.

Linda Duncan, Edmonton-Strathcona NDP candidate, called the tarsands a "reeking devastation," noting Lake Athabaska has been "completely contaminated."

TORSTAR NEWS SERVICE

PREMIER ED STELMACH RESPONDS, PAGE 3

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Muslim memorial for Shaben
A memorial will be held this week for the first-ever Muslim man elected as an MLA in Alberta and the first Muslim cabinet minister in Canada. Larry Shaben, died last week at age 73. His memorial will be held Friday at the Al Madinah Calgary Islamic Centre. METRO EDMONTON

Local

Very merry metal

Metal fans, strengthen those neck muscles, because the ultimate head-banging band is coming to Edmonton as an early Christmas gift. Metallica are taking the stage at Rexall Place Dec. 8 at 7 p.m. Tickets for the show aren't available yet through Ticketmaster, but are available at various sites online. METRO EDMONTON

Alberta, Sask., first-ever joint meeting starts

LLOYDMINISTER Carbon capture, infrastructure and a skilled labour shortage will be on the minds of cabinet ministers from Alberta and Saskatchewan during their first-ever joint meeting in Lloydminster today, said Premier Ed Stelmach.

Stelmach said both provinces will look at sharing workers through a new partnership, similar to one Alberta has with B.C.

"One of the issues Alberta and Saskatchewan face is critical shortages when it comes to various" skilled labour positions, said Stelmach. METRO EDMONTON

metronews.ca
What's online today.

Watch as coalition troops salute the 97th Canadian soldier to be killed in Afghanistan, and check out MetroTube of the day to see Oasis' Noel Gallagher get assaulted onstage in Toronto

'Don't push' us, premier warns election candidates

JEFF CUMMINGS
jeff.cummings@metronews.ca

Federal candidates need to be better informed about policies surrounding Alberta's oilsands before they start "pushing around" the province during election campaigns, said Premier Ed Stelmach yesterday.

On the same day, federal NDP Leader Jack Layton publicly pitched his plans to cap "unrestrained" oilsands development, Stelmach said all leaders should get their facts straight.

"I am an individual that approaches these issues in a very pragmatic and calm fashion. But don't push this government," said Stelmach during a scrum with reporters yesterday at the Westin Hotel. "We know we have the right policy in place and we are going to work at getting the information out because I think good, solid information will help change the minds of some of these political leaders."

JIMMY JEONG/FOR METRO EDMONTON

Alberta Premier Ed Stelmach meets with Tory MP Rona Ambrose at the Laurel Awards at the Westin Hotel.

Stelmach said all provinces benefit from Alberta's oilsands as 23 per cent of tax revenues collected from big oil companies is shared with other provinces.

Election 2008

Stelmach also encouraged voters to give Prime Minister Stephen Harper's Tory government a majority, but later criticized the Conservatives for their TV attack ads.

Stelmach reminded people of the union-funded "No Plan" attack ads that backfired in the Tories' favour in the March 3 Alberta election.

"Albertans care about what you are going to do for them, they don't care about another person attacking an individual," said Stelmach. "That's a lesson many leaders should have learned and it's going to take a few million dollars of investment in negative advertising to learn the hard way."

Stelmach made his comments after presenting awards during the Duncan & Craig Laurel Awards Gala for Edmonton area non-profit groups that have made differences in the community. The Bissell Centre was given top marks for an innovative program that helps homeless people who don't carry photo ID with banking, income support and health care.

Shelter workers gather at Shaw

The first-ever conference of women's shelters continues over the next three days and will bringing issues to light that affect families on a global scale.

Discovering the Common Core: Practical Frameworks for Change is an international conference for family violence workers held over four days at the Shaw Conference Centre. It began yesterday.

Help out
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The conference brings together 800 delegates from around the world, to discuss relevant, global issues in growing multi-racial and multi-ethnic populations.

Today's panel discussions and workshops will focus on examining challenges faced by shelters working with limited resources, and sharing effective practices. Tomorrow, the effects of family violence on children will be discussed.

For more info on the conference, or to get involved, visit www.womenshelter.ca. METRO EDMONTON

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Money from province to woo filmmakers

Alberta's film industry received a one-time $14-million boost from the province last week. They say the new cash will help make Alberta's industry more competitive with other jurisdictions. METRO EDMONTON

Police probe possible homicide

Police say detectives could have a homicide on their hands after a 44-year-old homeless man who was allegedly beaten by a group of men wielding golf clubs downtown Friday died in hospital Sunday.

The man was found beaten with non-life-threatening injuries at the time near 106 Avenue and 98 Street where several males were seen reportedly beating another man with golf clubs, police said.

It's believed one of the men was seen cleaning the blood off his hands, police said.

Police say homicide detectives are now handling the case they consider is suspicious and they are awaiting results from an autopsy expected to be completed by the medical examiner's office later today.

A 38-year-old man was charged with aggravated assault after the attack and a second man is currently in police custody awaiting charges, say investigators.

Edmonton has so far recorded 18 homicides this year — six fewer cases than this time last year.

JEFF CUMMINGS/ METRO EDMONTON

JIMMY FONG/FOR METRO EDMONTON

Alberta Minister of Advanced Education and Technology Doug Horner discusses processed wood fibres from weakened pine-beetle infested wood to be used in newsprint at a news conference at the Alberta research council in south Edmonton yesterday.

Pine beetle renders useful pulp

VICTORIA HANDYSIDES
victoria.handysides@metronews.ca

Trees gobbled up by voracious swarms of mountain pine beetles may be worth their weight in newsprint, a new study finds.

The brains at the Alberta Research Council announced a pilot project yesterday, which will turn the drier, weaker, darker wood into high-quality newsprint.

Significant sections of forest through Alberta and B.C. have been nearly wiped out by mountain pine beetles, which continue to migrate east.

The initiative is an attempt to ease the burden on the forest industry by finding an alternative other than burning damaged trees.

The $28-million project began in 2005 and is finally at the production stage. Beetle scavenged wood will soon be shipped to the Alberta Newsprint Company's Whitecourt plant for processing.

The hope is to continue the process and have a full-scale production implemented by 2015.

Escort murder plea reserved

A man accused of murdering a city escort and burying her body in his backyard will make his plea in Provincial Court Nov. 3.

Matthew Todd Barrett, 24, was scheduled to enter a plea in court yesterday, but reserved the proceedings for two months.

Robertson

On June 29, 20-year-old escort Chantel Robertson was reported missing after she didn't check in with a driver scheduled to pick her up from Barrett's south-side home.

Family and friends combed the neighbourhood, just south of Whyte Avenue, with no sign of the missing woman.

After a weekend-long search, police uncovered Robertson's naked body buried in the ground next to Barrett's garage.

The 24-year-old faces one count of first-degree murder and one count of offering indignity to a dead body.

VICTORIA HANDYSIDES/ METRO EDMONTON

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Soft carrots and other foods on offer for patients
Edmonton hospitals are now able to serve up food for patients who have a hard time chewing and swallowing. Dieticians with Alberta Health Services found a way to puree food and then reshape it into its original form, including carrots that are soft to bite into. METRO EDMONTON

Chase becomes fatal

Friends remember man killed while fleeing police

JEFF CUMMINGS
for Metro Edmonton

Friends of an avid snowmobiler killed in a weekend highway police chase near Wetaskiwin say the 28-year-old always loved to make others laugh.

Mounties in Wetaskiwin say Fort McMurray resident Cory Rae Paulson died after being ejected from his pick-up truck when it hit the ditch during a police pursuit around 2:45 a.m. Sunday. He was alone in the vehicle.

The collision happened moments after the truck was involved in another collision a few kilometres away on Highway 613, about nine kilometres east of Wetaskiwin.

The truck struck a semi on the highway and it took off when police showed up, Mounties said.

Police chased Paulson's truck until it crashed into a ditch along a nearby gravel road.

"I am both shocked and saddened to hear that Cory, who is such a bright, vibrant and caring soul, is no longer with us," wrote Nicole Tremblay on the wall of a Facebook group page called R.I.P. Cory Paulson.

"Cory was there for me through the passing of a few close family members and he was my pillar of strength through some hard times."

Tremblay said Paulson was genuine, caring and had a laugh that was contagious.

A number of pictures of Paulson sitting on different snowmobiles were also posted by friends on the Facebook site.

Mounties say they are still trying to pinpoint what caused the sequence of events on the highway.

SUBMITTED PHOTO

Mounties are trying to figure out why avid snowmobiler Cory Paulson tried to flee from a traffic accident and was killed Sunday morning.

Two motorbike crashes this weekend

DANGER A 67-year-old is in serious condition after a motorcycle crash on Anthony Henday Drive near 100 Avenue Sunday.

Around 7:30 p.m., the driver lost control of the bike. Mud on the road and alcohol are believed to be factors.

A day before, a motorcyclist riding down Highway 683 near Peace River hit a deer head-on. His lifeless body was found 20 feet away from the motorcycle.

Mounties are warning motorcyclists to proceed with caution when heading out this fall season,

VICTORIA HANDYSIDES / METRO EDMONTON

Li's court date delayed

Tim McLean

GREYHOUND Court proceedings have been delayed for one month in the trial of a man accused of beheading a passenger on a Greyhound bus.

Vince Li, a 40-year-old newspaper carrier from Edmonton, is continuing psychiatric evaluation in a Winnipeg hospital, pushing his trial back to Oct. 6. Li was not in provincial court in Portage la Prairie yesterday, the Winniped Free Press reports.

In his first court appearance last month, he said nothing in his defence, and asked quietly to be killed.

Crown attorney Joyce Dalmyn claims Li is now cooperating with medical staff assessing him.

Passengers on a bus from Edmonton bound for Winnipeg on July 30 allege that Li stabbed carnival worker Tim McLean, a fellow passenger on the bus, nearly 50 times.

VICTORIA HANDYSIDES / METRO EDMONTON

Cyclist killed by truck

GREYHOUND A Hythe bicyclist in his 50s was killed this weekend by a semi truck hauling two trailers.

The truck never stopped after the collision on Highway 53 shortly after 8:15 p.m. Sunday, near Hythe, 520 km northwest of Edmonton.

The woman, also in her 50s, was taken to hospital, where she was listed in stable condition.

The truck, which was seen heading west on the highway near Highway 115, could have front passenger side damage after the impact.

Anyone who may have information is asked to call RCMP at 780-354-2485 or Crime Stoppers at 1-800-222-TIPS.

METRO EDMONTON

Cash Flow Expert to Reveal North America's Best Kept Investment Secret

by James Ryder
Financial Reporter

EDMONTON – Why settle for 2 or 3% interest from your local bank, when you could be earning 16%, 18%, 24% and even up to 50% return on your hard earned money?

According to Ted Thomas, one of North America's cash flow experts, this is exactly the way that many wealthy people have been investing for decades.

This proven personal fortunate money-machine is called Tax Certificates. With Tax Certificates, you invest your money with the government and the government returns your money in guaranteed cheques plus 16%, 18%, 25% or even 50% more in interest.

Thomas explains that the beauty of this exciting, simple investment is that is works for just about anyone – regardless of age, gender, education or experience.

This is the ideal investment for Canadians - because you can invest by mail or on the Internet. You don't need a huge investment to start with Tax Certificates – you can start with as little as $500.

The biggest advantage of this investment, Thomas says, is you don't have to be stuck with low bank interest rates, lacklustre mutual funds, low performing stocks or negative cash flow real estate.

"Let me tell you about Cheryl Hyland of Brooks, Alberta," says Thomas. "She invested $7,390 in a Tax Certificate and in less than five months, it was redeemed for $9,187.50 for a quick profit of $1,797.50. That's a 24.3% return! When she contacted me with the good news, I calculated her annualized return... and it works out to a whopping 58.3%."

Cheryl Hyland from Brooks, Alberta shows her 24.3% return!

I asked Mr. Thomas the obvious question. "If this investment system is proven like you said it is, then why haven't we heard about Tax Certificates?"

His answer was right to the point. "Stock brokers, financial planners and bankers aren't allowed to make commissions on them. Yet many bankers invest their 'surplus' money in Tax Certificates to enjoy the amazingly high returns. They pray they you won't learn what I'm revealing to you."

Thomas will be explaining more about this proven cash flow system in a free seminar called ***"How To Create Tons of Cash Using North America's Best Kept Investment Secret."***

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See How Others Have Benefited From Using Ted Thomas's Proven Cash Flow System!

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– John & Silke Greiner

$21,900 – all in 90 Days!
"I have purchased two properties. On the first property alone, I will put about $13,500 in my pocket. I'm working on another deal that will make a net profit of $8,400... I'll make $21,900 on my first two deals, all in 90 days. THANK YOU TED!"
– Curtis Harker

$44,400 profit in 31 Days!
"Ted, I want to tell you 'THANKS' for sharing your insider secrets about Tax Certificates! After attending your seminar, I purchased three houses and sold them all within 31 days. The first house I purchased for $8000 and sold it for $18,400 for a profit of $10,400. The second house I purchased sold for $30,000 for a profit of $19,000. The third house I purchased for $12,000 and sold for $27,000 for a profit of $15,000."
– Todd Beemer

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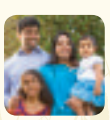

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Listeriosis death in New Brunswick

The New Brunswick Health Department has confirmed a woman with listeriosis has died in the province. A woman in her early 80s, who was a nursing home resident and who had listeriosis, died in a New Brunswick hospital, officials said yesterday. **CBC NEWS ONLINE**

Canada

"The audience seemed shocked at first — the fan came out of nowhere."

Oasis concert-goer Ryan Markle speaking about a fan who attacked Noel Gallagher on stage while Oasis performed.

Attacked

A 47-year-old concert-goer has been charged with assault after the British band Oasis were attacked onstage in front of 25,000 fans Sunday night in Toronto. TORSTAR NEWS SERVICE

Khadrs kick off public relations campaign

The notorious Khadr family has launched their own public relations campaign in an effort to quash their reputation as "Canada's First Family of Terrorism" and put the case of Guantanamo detainee Omar Khadr on the federal election agenda.

TheKhadrLegacy.com went online yesterday as a press release quoting Khadr's sister Zaynab was e-mailed to reporters.

"Our brother is being held in Guantanamo Bay based on the lies told by both the American and Canadian governments," she stated. "(A)n election is the perfect opportunity to tell those politicians that we are not going to be their bogeyman any longer."

U.S. Lt.-Cmdr. Bill Kuebler, Omar Khadr's military-appointed lawyer, said he believed the family's plea would have a negative impact.

"I share the extreme displeasure of most Canadians with (Omar Khadr's mother) Maha and Zaynab Khadr. Omar has specifically and repeatedly asked them to stop making public statements on his behalf — they don't represent him or his views," Kuebler said yesterday.

Omar Khadr

Khadr is scheduled to go on trial next month in Guantanamo for five war crimes, including murder for the death of U.S. Sgt. Christopher Speer. Khadr was captured in Afghanistan at the age of 15. Now turning 22 he has spent a third of his life in jail.

TORSTAR NEWS SERVICE

questions remain

Zaynab Khadr and her mother, Maha Elsamnah, were vilified in Canada following a March 2004 CBC documentary entitled Al Qaeda Family. The story profiled Khadr's older brother Abdurahman but featured interviews with his sister and mother where they spoke with ambivalence about the 9/11 attacks and criticized Canada's liberal laws.

News in brief

TERRORISM Ottawa software developer Momin Khawaja suffered a setback yesterday when a judge rebuffed a plea to toss out the terrorism charges against him. Justice Douglas Rutherford said the Crown has presented enough evidence of offences under the Anti-Terrorism Act for the high-profile trial to continue. Khawaja, arrested more than four years ago, faces seven charges of financing and facilitating terrorism

SHOOTING Three schools in northwestern Toronto remained in lockdown yesterday after a young man was shot to death nearby.

METRO NEWS SERVICES

All through history the great religions have spoken to the return of a future Teacher. The Christians hope for the return of the Christ, the Buddhists look for the coming of a new Buddha, while the Muslims await the Imam Madhi, the Hindus a reincarnation of Krishna and the Jews the Messiah. How will we know Him? Surely He will ring our hearts with a message of sharing, justice and brotherhood. How can we prepare the way for Him? Each day brings opportunities, large and small, to act in favor of unity and justice. Our willingness to share will make a real difference in our world.

www.shareintl.org

COLIN O'CONNOR/TORSTAR NEWS SERVICE

Simmons Canada Inc. workers protest in front of the mattress plant in Brampton, Ont., after hearing of the closing of their plant yesterday.

Simmons factory closes its doors

JOBS Simmons Canada has abruptly closed its mattress factory in Brampton instead of resuming bargaining with about 150 striking workers.

Union negotiators had expected more contract talks yesterday in efforts to end a three-week walkout, but a senior Simmons official told them the company would be shutting down immediately and transferring production elsewhere.

"I'm shocked," said Herman Pimentel, a negotiator for Canadian Auto Workers Local 513. "I always expected we would get a deal. But they met with us for 10 minutes, handed out a letter and that was it."

"I'm shocked ... I always expected we would get a deal. But they met with us for 10 minutes, handed out a letter and that was it." Herman Pimentel, CAW negotiator

Simmons, one of Canada's biggest bedding manufacturers, indicated it will continue to produce about 25 per cent of the mattress output of the Brampton plant at operations in Kirkland, Que., and Calgary. It will produce the remaining 75 per cent at operations in America.

Simmons president Paul Bognar said the effects of the strike have compromised the plant's economic viability. The plant, which makes the popular Beautyrest brand of mattresses, has operated at the site for about 35 years.

TORSTAR NEWS SERVICE

Licencing legislation still not in effect: AG report

PROGRAM Gloria O'Neill's driver's licence was suspended as far back as 1978, when she was just 21. In 1984, it was suspended again.

Still forbidden to drive, she got a new licence under a different name. When that, too, was suspended, she got a third.

Five years ago, after she dragged a pedestrian to his death in a crosswalk, a court banned her from driving for 10 years.

An average of 11,000 drivers a year are caught driving after losing their licences.

11,000

The number of drivers a year who are caught driving after having their licences suspended.

But nearly five years after legislation was passed allowing police to automatically check whether someone renewing a licence plate has valid insurance, an auditor general's report shows the program is still not running.

"The Ministry of Transportation continues working with the Insurance Bureau of Canada on a proposal which will enable electronic verification," the ministry said in an e-mail.

TORSTAR NEWS SERVICE

Looking for home security?

BIKER GANGS Sometime in the not-so-distant future, the province of Ontario could be shopping for a buyer for a long-time biker clubhouse in Oshawa.

The modest bungalow that served as headquarters for the Hells Angels Oshawa chapter is now the property of the province, after a ruling by the Ontario Superior Court of Justice last week that declared it an "instrument of unlawful activity."

money found

- $11,000 found squirreled away in the building's walls has already been deposited in a fund for victims of crime.

The home features steel reinforced doors, security cameras and the club's Death Head patch of a winged skull on the front door.

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Who can vote?

You can vote if: You are a Canadian citizen; you are at least 18 years old on election day; establish proof of identity and address. For more information, see www.elections.ca/home.asp. METRO NEWS SERVICES

Election 2008

News in brief

MUSIC The Bloc Québécois has produced perhaps the most appealing campaign song of all the parties, while not forgetting to include some of its trademark separatist themes. A rock ballad in the way of modern artists like Daughtry or Good Charlotte, the song, by Matt Laurent, includes the Bloc's campaign slogan: "Here! For Quebec." For example: "I've had enough of being a renter/I rather be a landlord/Take back my land," it says. (It works better, and at least rhymes, in French.)

NO RESPECT Prime Minister Stephen Harper was making good headway in a speech last night to supporters at a Regina-area farm when he suddenly stopped mid-sentence. "Is someone throwing rocks at me," Harper said, turning to look behind him. "Careful," he said chuckling. It turns out someone was. Several boys and girls standing behind Harper had been using their campaign signs to flick bits of gravel from the floor in the prime minister's direction. And once he turned his back, they started doing it again.

TORSTAR NEWS SERVICE

Double disaster for left

Palin's popularity provides Republican surge in U.S.

National**Report**

Lawrence Martin

It's nightmare time for Canadian liberals. They're looking at a potential disaster, not only here where trends show the Harper Conservatives moving toward a majority, but also in the United States, where a bible-thumping, gun-toting, war-loving hot mother is aborting, so to speak, the Democrats' chances of taking the White House.

It may be short-lived, but so far the Sarah Palin veep choice by John McCain is providing the Republicans with the surge they so desired. For the first time in months they now lead the Democrats in the polls.

It was just a while back when Barack Obama had Canadian liberals all aglow over what looked to be a certain takeover of the presidency.

Polls have shown Canadians favour Obama by a whopping 3-to-1 or 4-to-1 margin over the Republicans. It stands to reason. Canada is predominantly a country of the centre-left. Combine the support of the soft centre and left-side parties — Liberals, New Democrats, Greens, Bloc — and it constitutes about two-thirds of the population. A continent run by McCain/Harper is the last thing they want.

South of the border, Palin's resoundingly effective speech at the Republican convention turned the tide. Many were starting to feel McCain had make a huge blunder — until the inexperienced Alaskan governor took the podium. But she allayed fears. She was poised and, on the subject of Obama, devastatingly acerbic.

ETHAN MILLER/GETTY IMAGES

Sarah Palin

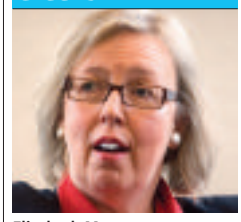
If there is feminist outrage over her pre-Cambrian views it isn't manifesting itself. Why isn't Hillary Clinton ripping her to pieces? Will feminists set aside their core beliefs just because Palin is of their gender?

In an election as important as the American presidency, gender is important, but far more important is the candidate's beliefs.

While it's about damn time another woman is on a presidential ticket, Palin borders on being a zealot. She is an ideological affront to the majority of Canadians.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

Greens



Elizabeth May

May shut out of debates

TELEVISION Shut out of the national leaders' election debates, Green party Leader Elizabeth May says she'll sue to reverse what she called a sexist, anti-democratic decision by her political rivals and big TV broadcasters.

"Day 2 of the federal election campaign and democracy is taking a nose-dive," May said.

"This is anti-democratic, closed-door, back-room decision making by four national party leaders who are all men, and five television executives who are all men, to keep out the one woman leader of a federal political party and I don't think many Canadians will think that was fair," May told a media conference after learning of the decision via press release. TORSTAR NEWS SERVICE

Conservatives

Harper appeals to middle class

B.C. Prime Minister Stephen Harper is using a forceful appeal to the middle class — and a targeted outreach to ethnic communities — to break into Canada's big cities, the long-held Liberal bastions.

Harper took his campaign strategy into the kitchen of a suburban Vancouver home yesterday and touted his party's help for middle-class families.

Harper noted Conservatives already do well in cities such as Calgary, Edmonton and Ottawa and predicted it was only a matter of time before they enjoy similar success in Vancouver, Montreal and Toronto, where the party was largely shut out in 2006. During his campaign stop, he charged that a Liberal government would jeopardize the gains given to Canadian families by his government, such as the child benefit.

TORSTAR NEWS SERVICE

35 days remain until the 2008 Canadian federal election

RICK MADONIK/TORSTAR NEWS SERVICE

Liberal Leader Stéphane Dion, right, meets with a voter yesterday as he walks to Dawson College with Liberal candidate for Westmount-Ville-Marie Marc Garneau, centre.

Dion targets guns

With the site of a gunman's murderous rampage as a backdrop, Liberal Leader Stéphane Dion promised to strengthen gun laws to ensure that military assault weapons are banned.

"A new Liberal government will make our cities, our communities, and our schools safer by getting military assault weapons off our streets," Dion said at Dawson College in Montreal.

To talk about gun control, Dion came to the school where, in 2006, Kimveer Gill fatally shot student Anastasia De Sousa and wounded more than a dozen others before killing himself.

"Military assault weapons have no connection to hunting or sport shooting, and serve absolutely no purpose in our society. No one outside of the military needs these weapons and we would all be safer without them in Canada," Dion said.

Dion added that semi-automatic rifles with a legitimate connection to hunting or sport shooting would not be included in the prohibition.

TORSTAR NEWS SERVICE

Thai PM in hot water

Prime Minister Samak Sundaravej faces a court ruling today on his participation in a cooking show, widely expected to force him from office although his exit is unlikely to heal political splits that have divided Thailand for years. REUTERS

World

Killing Kenny for good

Prosecutors in Russia want to ban the award-winning satirical U.S. cartoon South Park, calling the series "extremist" after receiving viewer complaints. REUTERS

Hurricane Ike oilfield bound

STORM Hurricane Ike blew through the warm Caribbean Sea toward western Cuba and the Gulf of Mexico oilfields yesterday after ripping the eastern side of the island with high winds and torrential rains that left a broad path of destruction.

State-run Cuban media reported widespread damage throughout the eastern provinces.

A television station showed toppled trees, destroyed homes, downed power lines and flooded towns, inundated by up to 25 centimetres of rain, swollen rivers and, along the coast, storm surge.

Forecasts called for Ike to brush along the southern Cuban coast heading northwest.

Its path is similar to that of hurricane Gustav, which devastated the Isle of Youth and the western province of Pinar del Rio. REUTERS

News in brief

AL QAEDA A video marking the Sept. 11 attacks has been released by al Qaeda, accusing Iran of taking part in a Western "Crusader" war against Islam.

TRIPLETS A 59-year-old woman has given birth to triplets in Paris after after seeking fertility treatment in Vietnam.

GEORGIA Russia agreed yesterday to completely withdraw its troops from Georgia's heartland within a month.

TALIBAN Missiles fired by U.S. drones killed 23 people, mostly relatives of a Taliban commander, in Pakistan. REUTERS

O.J. jury selection begins

Jury selection began yesterday in the Las Vegas robbery and kidnapping trial of O.J. Simpson, and the judge told prospective panellists to put the former football star's 1990s murder trial out of their minds.

This trial centres on accusations that Simpson led the 2007 robbery of his own sports memorabilia from a Las Vegas hotel room.

"If you think you are going to punish Mr. Simpson for what happened in L.A. this is not the case for you," Clark County District Judge Jackie Glass said as the case opened, according to a Los Angeles Times report on its website.

She added that she didn't want jurors who were "looking to become famous ... write a book or be on TV."

JOHN LOCHER/REUTERS

O.J. Simpson appeared in court yesterday for the first day of jury selection for his trial. Simpson is appearing in court on charges that include burglary, robbery and assault.

Simpson was charged in the 1994 murders of his ex-wife, Nicole Brown Simpson, and her friend, Ron Goldman. He was acquitted after a sensational trial that transfixed much of the world.

A civil court jury later found Simpson liable for the deaths and he was ordered to pay $33.5 million in damages to the victims' families, a judgment that remains largely unpaid

The Las Vegas case stems from accusations that Simpson, 61, led five accomplices in robbing a pair of sports collectors at gunpoint. REUTERS

London Stock Exchange crippled by system outage
The London Stock Exchange suffered its worst systems failure in eight years yesterday, forcing the world's third largest share market to suspend trading for about seven hours. The exchange would not say whether volume was the issue. REUTERS

Business

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Oil firms begin shutting output

STORM Energy companies began shutting production yesterday as Hurricane Ike threatened to cross the U.S. offshore oil patch before output shut by Hurricane Gustav last week could be restored. REUTERS

In brief

RECALL General Motors will recall almost 300,000 Chevrolet HHR wagons, including many in Canada for the 2006 through 2008 model years, because of a problem with a storage bin latch. GM said it would begin the recall in November. REUTERS

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RIM accused of poaching

Motorola sues BlackBerry-maker

Motorola is suing BlackBerry-maker Research In Motion for allegedly pilfering its employee ranks, the second time in three months it has turned to the courts to stifle competitive threats posed by departing workers.

The troubled handset-maker, which has failed to match the success of earlier models such as the Razr flip phone, appears to be having a tough time hanging on to key people as the battle for the booming smartphone market heats up between RIM, Apple Inc., Nokia Oyj and others.

Motorola claims in a lawsuit filed in the United States that Waterloo-based RIM has targeted at least 40 Motorola employees, who can't work for a competitor without revealing trade secrets, despite an agreement between the two rivals that was signed earlier this year.

TORSTAR NEWS SERVICE

Skills

- The suit alleges the Motorola employees targeted by RIM were ones with skills in touch-screen devices.
- RIM is believed to be working on its own touch-screen model, dubbed Thunder, to be released later this year.

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Money-saving tip
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Student ¢ents

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

online deals

Stretching every dollar is a way of life for most students, but when Derek Szeto was in university he turned that necessary frugality into a business. Inspired by his own need to save money, he created RedFlagDeals.com, a website that highlights the best deals and coupons around Canada. What started as a hobby is now one of the largest websites in Canada with more than a million visitors every month.

He started the website with only $100 and the time he had between classes and studying.

"Because I was a student, everyone was happy to give me advice or help out when they could," he said. "I was free to experiment because I didn't have a family counting on me to put food on the table."

When Szeto graduated from Queen's University in 2005, he had an important decision to make: Running RedFlagDeals.com full time or joining the workforce with a regular job. Szeto says the decision was easy: "If I hadn't given it a shot, I think I would have regretted it the rest of my life."

That was three years ago. RedFlagDeals.com now has 12 employees.

Szeto offers the following advice for budding student entrepreneurs: "When you're in university, you're surrounded by new ideas and people from every walk of life. Absorb it all and take advantage of everything around you. Opportunities are everywhere."

NEWS CANADA

Beauty on a budget

BRIAN TOWIE
brian.towie@metronews.ca

PAL PHOTO

It is possible to have a quality salon-style haircut if you're on a tight budget: Have it done by a local beauty school student.

Just because you're a frazzled, penniless student, that doesn't mean you have to live like one.

It is possible for you to get access to a dentist, a quality salon-style haircut or even have a relaxing day at the spa if you're on a limited budget. You need not look further than your school, or your fellow students, to accommodate you. Various establishments offer services, often at pay-less rates that won't compromise your meagre means.

Need to have your teeth looked at but have no money for a dentist? Most schools offer a dental plan included in your tuition fees. If you're already covered under your parents' plan, your school may offer an option to back out and get part of your fee refunded to you. (Some institutions are reticent to volunteer this information in the interests of very quietly keeping your money, so you may have to do some asking around about it.)

"A lot of student unions feature plans of this kind," says Chris McGrath, student affairs representative at the University of Toronto's Mississauga campus. "It varies by campus. Your health centre should have a database of core and extended set of what's covered depending on your status as a student. It can be different if you're mature or part-time."

You can even pamper yourself on the cheap if you know where to look. Local haircutting and spa treatment academies will often offer their services at sometimes much less than half the cost of what the professionals will charge you, if you're willing to have it done by a student.

"Any student on a tight budget is looking for a good deal. We'll do a wash and a cut for around $9 that might easily cost $100 somewhere else," says Henry Devlin, director of the Marvel Hairstyling and Esthetic School's Ottawa branch.

"We'll do a wash and cut for around $9 that might easily cost $100 somewhere else."
Henry Devlin

There is the "get what you pay for" worry that work done by an inexperienced learner may result in disaster, and if you want this type of discounted service performed at a professional level, you'll have to be patient. Devlin says students at his school — part of a nationwide chain of stylist academies — may take a bit longer than someone with full training, but it's done to ensure the amateur does a good job rather than have them make a mistake because they're rushed.

"There's that fear that not as good a job will be done," he said. "You have to make sure the student is at the appropriate level. Here, students train for at least two to three months before they work on people, and we've got teachers on the floor to make sure they're doing it right.

"It might take two hours, a bit longer than a professional stylist. Not to say that they do, but we don't focus on getting people in and out the door. We want to make sure that the client has a great experience in a professional environment."

'Free' credit cards come with hidden costs

As a post-secondary student with a low — or no — income carrying a sizeable student debt, you should be careful with credit cards.

It's all too easy to get one: Credit card companies frequent campuses, luring in students with free swag and low starting rates. If you must have a credit card, here's how you should treat it:

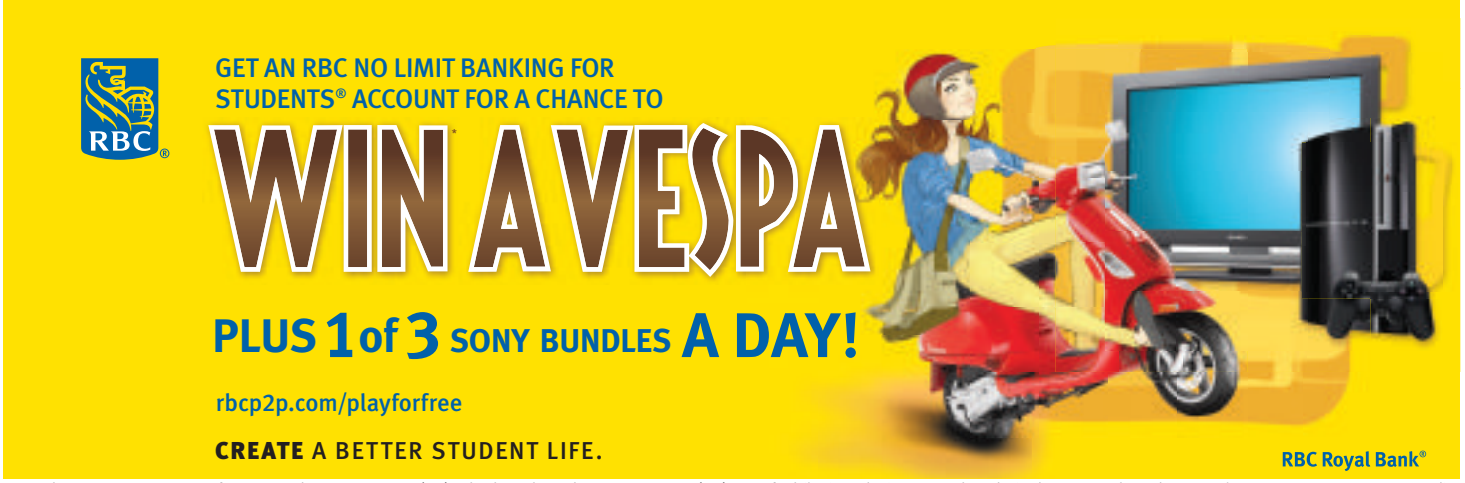
Never max out your card. The less of a balance you carry, the easier it is to pay off and the more you'll have available should an emergency arise. A good rule of thumb is to keep your balance less than 50 per cent of your credit limit, or better yet, an amount you can pay down by the end of the month.

Another way is to get a credit card with the lowest possible interest rate and no annual fees, with just enough of a credit limit to get out of a jam. Don't carry it with you regularly.

If you can't afford to pay off the full balance, make more than the minimum payment, which often doesn't even cover principal (the amount charged to the card, interest aside). Compound interest (interest built on interest from the principal) builds quickly and before you know it, you'll be paying far more than you originally intended.

Pay on time. Your credit rating (what lenders look at before they decide whether you're a safe bet to front money to) can be affected by late payments and collection agencies. You'll need it in good standing when you make big-ticket purchases years down the road, like a car.

— BRIAN TOWIE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Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Surviving school costs

Q My son starts university this week. We have used the RESPs we started several years ago. These funds will pay for less than two years of tuition. We are not sure how we will afford to buy his books and other living costs at the moment. How do other parents do it?

Sondeep and Suni

MoneyMatters

Henry Choo Chong
choochonghcga@yahoo.ca

A Starting College or University is another chapter of life for our kids. Parents that value higher education should do some early planning:

- Start a Registered Education Savings Plan (RESP) as early as possible
- Apply for the various scholarships offered by the universities and government
- Less "well-to-do" parents should apply for bursaries
- Attend a University close to home
- Have the kids save by not staying in residence
- Kids can work part-time at university but do not lose focus of why they are there
- Design a student financial budget: A simple "where is the money coming from and where it will go?"
- Students should claim moving cost, rent paid, tuition, education and book tax credits.

Henry Choo Chong, CGA, provides professional accounting and taxation solutions: choochonghcga@yahoo.ca.

Trim thighs, plump wallet

SmartCookies

smartcookies.com

One of our Smart Cookies decided this would be the year to kick it up a notch and get a personal trainer (yes, even Smart Cookies have personal trainers). In true Smart Cookie fashion, however, she did have to take on additional work to cover the costs of a personal trainer as it was not in her spending plan. We asked her to share some tips on saving with a personal trainer and then provide some options for those who aren't prepared to shell out the big bucks just yet, but still want to get the tight buns.

Buddy Up on Personal Trainers

If you don't want to pay the hefty fee that comes with having a personal trainer ($50-$85 an hour) ask if they offer a two-for-one special. Most trainers are comfortable training two people (or more) at once. If you share with a friend and commit to helping each other out, you and your bank account will feel much better. But even if you don't hire a personal trainer you should still buddy up and make a pact to meet each other at the gym certain times every week. You will be more likely to strap on your sneakers and go if you know your friend is saving you a treadmill. For us, getting in shape (just like getting your finances in order) only works when you have the motivation of others who hold you accountable.

Ask your trainer if they offer a two-for-one special.

YouTube It

YouTube covers just about everything from how to cut open a pomegranate to how to change the oil on your car. So it only seems logical that they would show us how to get in shape. Gone are the days of renting Jane Fonda's latest VHS for $20 at your local video store. Go to youtube.com and in the search engine box enter the type of workout you'd like to try: Abs, Yoga, Pilates ... you name it! And the best part is — it's free!

Podcasts, Podcasts, Podcasts

Since many of us have an iPod, it's about time we figured out what else this little gadget can do besides play music. We just tested out this program online called "Couch-to-5K". Not only does it allow you to follow the program for free, it also has corresponding podcasts you can download to your iPod and listen to the tutorials. And hey, even if you aren't training for a 5K run, it certainly gets you working out on a regular basis. (ullreys.com/robert/Podcasts/)

If you have questions or comments for the Smart Cookies, please e-mail *smartcookies@metronews.ca.*

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing

Allan Small

Allan Small gives readers an update on the current market. Read his column at metronews.ca

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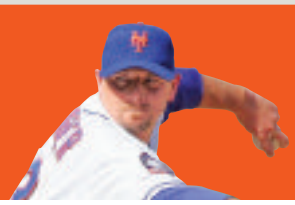
MLB
Last night's game between the Toronto Blue Jays and the Chicago White Sox was postponed due to rain. The game will be made up as part of a day/night doubleheader today. The rained-out game will begin at 12:05 p.m., with the nightcap starting at 6:11 p.m. METRO NEWS SERVICES

Sports



Mets closer sidelined

New York Mets closer Billy Wagner, left, will need season-ending surgery on his left elbow and will be out of action for a full calendar year, according to the team's website. Wagner, who has 27 saves this season.

Metro News Services

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Fantastic five-peat for Federer

Swiss superstar claims fifth straight U.S. Open title with win over Murray

Roger Federer won his fifth U.S. Open in a row by beating Briton Andy Murray in the men's final last night and said he did not plan on stopping with his career haul of 13 grand slam titles.

"One thing for sure, I'm not going to stop at 13," the Swiss maestro said courtside after celebrating his first grand slam triumph of the year by falling to his knees, rolling over on to his back and covering his eyes with his hands.

"One thing for sure, I'm not going to stop at 13."
Roger Federer

The 6-2, 7-5, 6-2 victory put 27-year-old Federer one grand slam crown away from matching the record total collected by American Pete Sampras.

"It definitely feels great. This is a very special moment in my career," Federer said.

"I had a couple of tough grand slams this year, finishing in semifinals and two finals, one epic at Wimbledon," said the Swiss, who reached the last four at the Australian Open before losing the French and Wimbledon finals to current world No. 1 Rafael Nadal.

"So to take this one home is incredible. It means the world to me."

Federer became the first man to win five consecutive U.S. titles since American Bill Tilden in 1924.

His run in New York after previously stringing together five straight Wimbledon titles from 2003 to 2007 made him the only player to have won five in a row at two different slams.

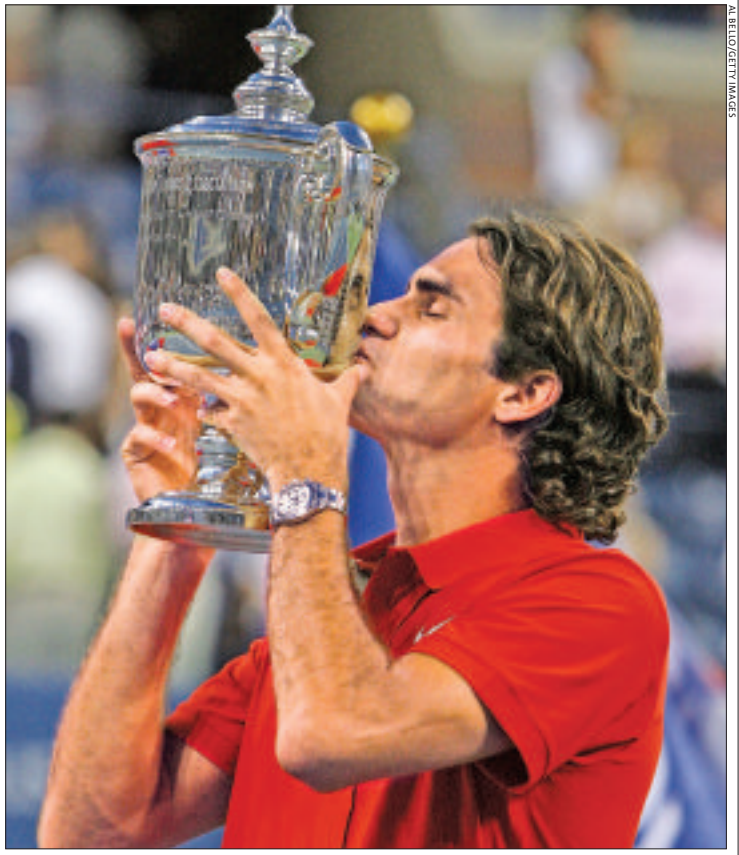
The 21-year-old Murray, who was playing in his first grand slam final, saluted second seed Federer.

"I had a great tournament," Murray said before the trophy presentation.

"I came up against, in my opinion, the best player ever to play the game. I got the better of him the last two times we played. He definitely set the record straight today, so congratulations. Well done."

Murray, who won the 2004 Open junior title at Flushing Meadows, was asked what he learned from his experience over the championship.

"That I've got a lot of improving to do if I want to win one of these tournaments," the sixth-seeded Scot said. REUTERS



AL BELLO/GETTY IMAGES

Roger Federer of Switzerland kisses the trophy after defeating Andy Murray of the United Kingdom to win the 2008 U.S. Open men's championship match yesterday in New York.

Sports in brief

CFL The Hamilton Tiger-Cats fired head coach Charlie Taaffe yesterday after a dismal 2-8 start to their season. Offensive coordinator Marcel Bellefeuille has been named interim head coach.

CYCLING Seven-time champion Lance Armstrong will come out of retirement and compete in next year's Tour de France, the cycling magazine VeloNews reported yesterday.

METRO NEWS SERVICES

YorkReport

Marty York

Will return...

Brady officially gone for rest of NFL season

NFL New England Patriots quarterback and two-time Super Bowl MVP Tom Brady will miss the remainder of the season with an injury to his left knee, the team said yesterday.

Brady

"We feel badly for Tom about the injury," coach Bill Belichick told a news conference. "You hate to see anyone go down. Nobody's worked harder or done more for this team than Tom has. So it's a tough setback for him."

Brady, 31, limped off the field during the first quarter of Sunday's 17-10 season-opening victory over the Kansas City Chiefs when he stepped up into the pocket and was hit by safety Bernard Pollard.

Matt Cassel, who replaced Brady against the Chiefs and led the Pats to victory, will start on Sunday. Multiple media reports that New England is shopping for another QB, but Belichick quashed those quickly.

"We haven't worked out a quarterback, haven't given one a physical," the coach said. "We had a lot of people call us, I can tell you that ... but in spite of what people are saying we're doing, that's simply not true." REUTERS

SCOREBOARD

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	PCT	GB
Tampa Bay	85	57	.599	-
Boston	85	58	.594	½
Toronto	76	66	.535	9
New York	76	67	.531	9½
Baltimore	64	78	.451	21

CENTRAL DIVISION

	W	L	PCT	GB
Chicago Sox	80	62	.563	-
Minnesota	78	65	.545	2½
Detroit	70	74	.486	11
Cleveland	69	73	.486	11
Kansas City	61	81	.430	19

WEST DIVISION

	W	L	PCT	GB
L.A. Angels	86	56	.606	-
Texas	70	74	.486	17
Oakland	65	78	.455	21½
Seattle	56	86	.394	30

NATIONAL LEAGUE

EAST DIVISION

	W	L	PCT	GB
N.Y. Mets	80	63	.559	-
Philadelphia	79	65	.549	1½
Florida	72	72	.500	8½
Atlanta	62	82	.431	18½
Washington	56	88	.389	24½

CENTRAL DIVISION

	W	L	PCT	GB
Chicago Cubs	86	57	.601	-
Milwaukee	82	62	.569	4½
St. Louis	77	66	.538	9
Houston	77	67	.535	9½
Cincinnati	65	79	.451	21½
Pittsburgh	60	83	.420	26

WEST DIVISION

	W	L	PCT	GB
L.A. Dodgers	73	70	.510	-
Arizona	71	71	.500	1½
Colorado	67	77	.465	6½
San Francisco	62	80	.437	10½
San Diego	55	88	.385	18

(w — teams currently holding wild-card spots)

LAST NIGHT'S RESULTS

AMERICAN LEAGUE
Toronto at Chicago Sox (ppd., rain)
Baltimore 14 Cleveland 3
Boston 3 Tampa Bay 0
Detroit 14 Oakland 8
N.Y. Yankees at L.A. Angels

NATIONAL LEAGUE
Cincinnati 5 Milwaukee 4
Houston 3 Pittsburgh 2
Philadelphia 8 Florida 6
L.A. Dodgers at San Diego
Arizona at San Francisco

TODAY'S GAMES

AMERICAN LEAGUE
Toronto at Chicago White Sox, 12:05 (Gm 1)
Tampa Bay at Boston, 5:05
Oakland at Detroit, 5:05
Cleveland at Baltimore, 5:05
Kansas City at Minnesota, 6:10
Toronto at Chicago White Sox, 6:11 (Gm 2)
N.Y. Yankees at L.A. Angels, 8:05
Texas at Seattle, 8:10

NATIONAL LEAGUE
Florida at Philadelphia, 5:05
Colorado at Atlanta, 5:10
Washington at N.Y. Mets, 5:10
Cincinnati at Milwaukee, 6:05
Pittsburgh at Houston, 6:05
Chicago Cubs at St. Louis, 6:15
L.A. Dodgers at San Diego, 8:05
Arizona at San Francisco, 8:15

CFL

WEST DIVISION

	W	L	T	PTS
Saskatchewan	8	2	0	16
EDMONTON	6	4	0	12
Calgary	6	4	0	12
B.C.	5	5	0	10

EAST DIVISION

	W	L	T	PTS
Montreal	7	3	0	14
Toronto	4	6	0	8
Winnipeg	2	8	0	4
Hamilton	2	8	0	4

WEEK 12

FRIDAY'S GAMES
Winnipeg at Toronto, 5
Montreal at Calgary, 8

SATURDAY'S GAMES
Hamilton at EDMONTON, 5
Saskatchewan at B.C., 8

NFL

WEEK 1

LAST NIGHT'S RESULTS
Green Bay 24 Minnesota 19
Denver at Oakland

My Downtown Is...
(See what's in store for your downtown. Check out the draft Downtown Plan: www.edmonton.ca/downtownplan)

Brain protein holds key to fertility
Scientists have discovered the crucial ovulation-triggering role played by a small protein molecule in the brain, a finding that could hold the key to new therapies for infertility. REUTERS

Health

Care for skin and hair naturally

Be gentle on your skin and the environment with Organic Surge, a UK line of natural skin and hair care products, now available in Canada. The line comes in a variety of natural scents and features shower gels, shampoos, conditioners, intensive hair treatments, hand washes and hand lotions from $4.99 to $9.99 (sold exclusively at Shoppers Drug Mart stores). What's more, the sale of these items help support childcare programs in African communities. METRO NEWS SERVICE

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Health in brief

BLOOD PRESSURE A supplement containing olive leaf extract may help lower blood pressure and cholesterol in people on the brink of developing high blood pressure, a new study suggests.

RACIAL DISPARITIES Doctors are less likely to give black women radiation therapy after surgery to remove early-stage breast cancer than white women, researchers said on Wednesday, adding to evidence of racial disparities in U.S. medicine. REUTERS

A coffee a day...

Java can protect against heart disease: Study

CELIA MILNE
for Metro Canada

Let's go for a coffee! Drinking your daily cup of joe — or even several — may provide some protection against heart disease and even death, according to the latest large-scale study of coffee's health effects.

This is good news for the estimated 63 per cent of Canadians who drink coffee every day.

Researchers in the U.S. and Spain examined data for 84,214 women who had participated in the Nurses' Health Study from 1980 to 2004. They also looked at a study of more than 40,000 men in the health professions, who were followed from 1986 to 2004. All women and men enrolled in the study were asked how much coffee they drank on a regular basis.

The positive effect of java comes from the antioxidants it contains.

Scientists found that women who consumed more coffee were less likely to die during the 24 years of the study. In fact, drinking two to three cups of coffee a day was associated with an 18 per cent reduction in death from all causes. This was mainly attributed to fewer cases of fatal heart disease. For men, the effect was the same, but not as dramatic.

Interpreting the results, Dr. Ahmed El-Sohemy (PhD), an associate professor in the department of nutritional sciences at the University of Toronto and a scientist at the Canadian Institutes for Health Research, says coffee is safe for the majority of people who metabolize it properly.

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Starbucks eyes health
Starbucks plans to revive its flagging U.S. business with help from a range of new healthy breakfast offerings, including oatmeal. REUTERS

My love/hate for Net

HineSight
Anne Hines

Over the past few years, everything that could possibly be written about the frustrations of using the Internet has been written. All I could do now would be to rant about things that have already been said before. So, I'm going to do that.

This past week, I've come across two newspaper articles highlighting downsides of using the net. The first was about a woman in Eastern Canada who supposedly threatened to hold her Internet repairman hostage in her house until he got her connection working. This woman's actions shocked me. I had to ask, "Why didn't I think of that?"

The second article wondered if e-mail and text messaging are making us less sophisticated communicators. To this, I say, "well, duh."

Mostly, we see new technology as a good thing. Having the net means more leisure time. I was free to read these newspaper articles, for instance, because I was spending two hours on hold waiting to speak to my server's tech support.

Without the net, I would have had to pick up the phone and ask someone.

When it comes to finding information, the net has what we need when we need it. Yesterday, I was able to find the mailing address of my daughter's university residence simply by locating the main page, checking 18 links that went nowhere, entering 40 search word versions of "mail, address, residence, give-me-the-info-or-I'll-scream" and after 45 minutes, voila! Without the net, I would have had to pick up the phone and ask someone.

But, the question these articles raised is, "Is it worth it?"

This isn't a new question. Take, for example, one of the key inventions of human kind. The pointy stick. Previously, our ancestors heading out after woolly mammoth favoured the "hit it with a rock" method. This was not very efficient, but better than the "taunt it until it falls over" tactic that came before that.

Still, the appearance of this wonder-tool must have raised concerns. Would the practice of trying to down large animals with a blunt stick be lost (the answer: "Hopefully, yes.")? Would the pointy stick be used only for good and not evil?

The fact is no innovation in history has ever been welcomed without concerns and misgivings. The only exceptions to this are of course indoor plumbing and the beer fridge.

So, considering it carefully, I would say that the truth about technology is this: it has good points and bad. Making it exactly like everything else.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

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Butler would love to revist 300

Actor Gerard Butler would love to revisit his hit movie 300, but has no idea how a prequel or a sequel would work. The star played Spartan king Leonidas in the 2006 hit. IMDB.COM

Entertainment

Last Pharaoh

Will Smith is reportedly set to fulfill one of his biggest ambitions — playing Egyptian pharaoh Taharqa on the big screen. Smith has been cast as the ancient ruler in The Last Pharaoh. IMDB.COM

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

DVD picks

Baby Mama
Director: Michael McCullers
Rating: PG

TINA FEY plays a woman who turns her focus from career to motherhood. But, when she discovers Mother Nature is against her, Fey's character, Kate Holbrook, hires slobby Angie Ostrowiski (Amy Poehler) to be a surrogate mom. DVD includes deletes scenes, an alternate ending, a "making of" featurette.

METRO NEWS SERVICES

MoreOnline
metronews.ca

In brief

CASTING Girls Gone Wild founder Joe Francis has been dropped from Donald Trump's hit reality TV show Celebrity Apprentice, imdb.com reports.

METRO NEWS SERVICES

Mixtape for Tricky fans

British artist revisits his roots

IAN NATHANSON
for Metro Canada

For a spell in the mid-1990s, Portishead, Massive Attack and Tricky were considered England's leaders of trip hop: downtempo electronica that arose from the country's hip hop and house scenes.

That Tricky's newest album Knowle West Boy, in North American stores today, arrives in the same year that Portishead returns with its latest offering, Third, and Massive Attack works on new material for a future release should come as complete coincidence — and not, as the artist a.k.a. Adrian Thaws sees it, a trip hop revival.

"Those people followed my first solo album, Maxinquaye, in 1995 and then it formed into some kind of movement back then," says Tricky, a former Massive Attack member. "I was even told I created trip hop.

"Young artists have to be careful when getting involved in a movement. Because once it's over, you're over. It's safer not to be part of anything like that."

In the ensuing years, Tricky maintained a somewhat lower profile living in New York and Los Angeles while collaborating with the likes of Björk, Alanis Morissette, Nelly Furtado, Elvis Costello, Red Hot Chili Peppers and Tool. Although he released another half-dozen albums, none have matched Maxinquaye's super-praised success — prompting David Bowie to pen a 2,000-word fan-worship story for British music mag Q.

Knowle West Boy, the new album from Tricky, is now in stores.

"That was very weird for me," Tricky, now 40, says. "I never met the guy. But here I was in London picking up a magazine that had him writing about me. It blew me away — very surreal."

Tricky admits he never dealt with the whole fame thing very well and, since leaving Britain in the 1990s, probably partied a tad more than he should have. But much of his own turmoil stemmed from his struggles with candida — a condition best described as extreme yeast and sugar intolerance.

"It messes up your skin as well as your mind. It causes depression, makes you very angry and because of the way I treated certain people, it really screwed up my relationships," explains Tricky, adding that the condition is now kept under control through a strict diet and exercise regimen.

"Young artists have to be careful when getting involved in a movement. Because once it's over, you're over. It's safer not to be part of anything like that." Tricky

Knowle West Boy finds Tricky lyrically revisiting the Bristol, England, neighbourhood where he grew up through a mélange of blues, ska, hip hop, post-punk and rock.

"It's like a mix tape thank-you to all my fans," Tricky says. "It's sort of my way of giving back to the people."

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TV dreams
Singer LeAnn Rimes dreams of being approached about starring in the hit drama Gossip Girl, because her husband is obsessed with it. FEMALEFIRST.CO.UK

Fringe: Here today, likely gone tomorrow

Much-anticipated show is a puddle of gunk

Out there: Fringe, one of the most eagerly anticipated new shows of the season, debuts tonight on CTV, the A Channel, Access (in Alberta) and Fox, and creator J.J. Abrams expressed his anxiety about his latest work in an interview with the Onion's A.V. Club last week.

"It's a cocktail of excited for people to see it, terror that no one will watch it, and relief that something I've been working on for so long will finally be out there," he said.

Abrams is the man behind Lost, Alias and Felicity, and the director of Cloverfield, Mission: Impossible III and the next Star Trek movie. He's at what no one would dispute is the top of his game in Hollywood, and gets the sort of attention that he probably didn't get as the screenwriter of 1990's Jim Belushi vehicle Taking Care Of Business. Fringe is exactly what his audience expects — an eerie procedural thriller about shadowy government agencies, sinister conspiracies and nutjob quack science, wrapped in feature movie production values.

IntelleVision

Rick McGinnis

rick.mcginnis@metronews.ca

The show stars Anna Torv as an FBI agent sucked into a vortex of weird crap, like a plane full of passengers with their skin in puddles on the floor, and Joshua Jackson plays the ne'er-do-well son of a mad genius she has to spring from the madhouse to help her find out who's turning people into Jell-O. And yes, you can be excused if you're thinking X-Files.

"Based on the debut episode, Abrams might want to get involved a bit earlier."

Abrams has only written two episodes, according to IMDB.com, and his Star Trek duties have kept him out of the director's chair, but he told the Onion that he wants to direct "maybe a season finale or a season opener or something.

"I've been wanting to do it since the pilot. We have great directors working on Fringe, but when someone else directs something that you're involved with, it's always their vision, and the director in my head is definitely wanting to get involved."

Based on the debut episode, Abrams might want to get involved a bit earlier. After the airliner opening, the pace dissolves like Alka Seltzer, despite the breakneck introduction of characters and plot points. The dialogue is dreadful, and Torv and Jackson's delivery don't help sell it, and considering that Fringe is on axe-happy Fox, Abrams had better move fast if he wants to get his shot.

Rick McGinnis writes about music, movies, books and television, but not opera.

U.S. judge stops unofficial Potter reference book

BOOKS A U.S. judge yesterday halted publication of an unofficial encyclopedic companion to the popular Harry Potter book series in a copyright case author J.K. Rowling argued would threaten other authors.

Judge Robert Patterson in U.S. District Court in Manhattan wrote an opinion that said independent U.S. book publisher RDR Books "had failed to establish an affirmative defense of fair use"and that publication of The Harry Potter Lexicon, which was written by a Harry Potter fan, should not proceed.

The ruling said Warner Brothers Entertainment Inc and Rowling had established copyright infringement of the Harry Potter series and two companion books, Fantastic Beasts and Where to Find Them and Quidditch Through the Ages.

The British author and Warner Bros sued RDR Books, which planned to publish the lexicon, a 400-page reference book written by Steve Vander Ark, based on his fan Web site, hp-lexicon.org..

DANIEL BARRY/GETTY IMAGES

J.K. Rowling leaves court in New York City this April.

Lawyers for RDR Books could not immediately be reached for comment on yesterday's ruling.

In court in April, Rowling, estimated by the Sunday Times to be worth about $1 billion US, said she was outraged her work was considered to be fair game because it was so popular.

At the same hearing Vander Ark, wearing eye glasses similar to those worn by Harry Potter, said his book was intended to help readers and celebrate Rowling's work. He denied accusations of plagiarism.

REUTERS

Mamma Mia! leads foreign box office

FILM The ABBA-inspired musical romance Mamma Mia! grabbed the No. 1 spot at the weekend foreign box office for the first time, grossing an estimated $15 million US from 39 markets.

The adaptation of the stage hit opened at No. 2 in South Korea with $5.5 million, and has now earned $280.1 million internationally to become the fifth-biggest movie of the year. It opens this weekend in France, Belgium, Brazil, Mexico, Hong Kong and India.

The Dark Knight, which had been No. 1 for a total of four weeks, slipped to No. 2 with $11.8 million from 62 markets. The total for the Batman sequel rose to $437.2 million.

The Mummy: Tomb of the Dragon Emperor followed at No. 3 with $11.6 million, pushing its overseas total to $255.4 million. China was the big driver as the film, starring Beijing-born Jet Li, opened at No. 1 with $7.9 million.

Wanted landed at No. 4 with $6.5 million, taking its total to $146.8 million.

At No. 5 was Kung Fu Panda, which collected $6.3 million, hoisting its international gross to $397 million.

REUTERS

ED		C	B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
9/9/08	2	CFRN	239	318	eTalk	Hollywood	Law & Order: SVU		Fringe "Pilot" (N)			eTalk Idol	News (N)
	3	KHQ	-	370	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	America's Got Talent				Law/Ord SVU
	4	CBXT	-	307	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	The Tudors (DVS)		CBC News: The National		The Hour
	6	KREM	-	372	News (N)	Hollywood	The Doctors		Big Brother 10 (N)		Fashion Rocks (N)		
	7	CKEM	241	347	Law & Order: SVU		Privileged "Pilot" (N)		Biography "Matt Damon"		NY-Hollywood	Friends	Your City
	8	CITV	240	339	ET Canada	Entertainment	90210 "Lucky Strike" (N)		Big Brother 10 (N)		In Plain Sight (N)		News Hour
	12	CBXFT	119	705	Virginie (SC)	La Facture (N)	Providence La police. (N) (SC)		Roxy (N) (SC)	Filantes	Le Téléjournal (N) (SC)		TJ Alberta
	13	KXLY	-	371	News	News	Entertainment	The Insider (N)	Wipeout (N)		Wipeout (N)		Primetime
	16	KAYU	-	373	The Simpsons	The Simpsons	Two/Half Men	Two/Half Men	Fringe "Pilot" (N)			Hole in Wall	News (N)
	19	CHTV	-	-	The Insider (N)	E! News	To Be Announced		Fashion Rocks (N)				News (N)
	22	KSPS	-	374	NewsHour With Jim Lehrer		The Brain Fitness Program			Alone in the Wilderness (DVS)			Our Destiny
	24	WTVS	-	364	Symphony	Celtic Thunder				The Brain Fitness Program			Back Care-Yog
	15	CBCN	502	-	CBC News: The National		Wal-Mart Nation		CBC News: The National		CBC News: The National		Wal-Mart Natn
	21	TWN	505	398	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	27	CNN	500	500	Larry King Live		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	54	CTVN	501	391	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
	70	BNN	504	508	Squeeze Play		Market Call		Headline	Market Call	Commodities	Business News	Squeeze Play
	20	TSN	400	400	(6) MLB Baseball Toronto Blue Jays at Chicago White Sox.				SportsCentre		Boxing Friday Night Fights. (HDTV)		
	23	net	408	418	World's Toughest Cowboy		World Combat League		Red Bull: Air	Week-Baseball	Sportsnet Connected		Best-Sports
	47	SPEED	417	406	Low Life	SuperCars	Super Bikes!	Super Bikes!	Pinks (HDTV)	Pass Time	Unique Whips		Low Life
	94	SCORE	410	403	Poker: Canadian Open		Score Tonight		Final Score	Final Score	Final Score	Final Score	Sports Rage
	9	EDACC	267	351	Law & Order: Criminal Intent		Supernanny		Fringe "Pilot" (N)			Hole in Wall	Help TV
	14	YTV	552	543	Drake & Josh	iCarly	Malcolm-Mid.	Home Improve.	Prank Patrol	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline Proj
	17	TREE	553	546	Little Bear	Miss Spider	Comfy Couch	Rolie Polie Olie	Beren. Bears	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
	42	TOON	555	545	World of Quest	Johnny Test	George-Jungle	Bugs Bunny & Tweety Show		6teen	Total Drama	Futurama	American Dad
	45	FAM	557	541	Zoey 101	Life Derek	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School
	-	TVA	121	714	TVA 18 heures	Le Cercle (SC)	Km/h (SC)	Vidéos	Histoires-filles	Caméra café	La Promesse (HDTV) (N) (SC)		TVA 22 heures
	18	CMT	575	583	Country Music Awards		CMT at the 2008 CCMA's (N)		Canadian Country Music Awards				CMT-CCMA's
	25	A&E	615	520	The First 48 (HDTV) (N)		The Cleaner (HDTV) (N)		The Cleaner (HDTV)		The First 48 (HDTV)		The First 48
	26	MMM	571	581	Listed (Part 1 of 2)		Rock the Cradle		Party of Five		Fleetwood Mac -- Rumours		Party of Five
	29	FOOD	603	561	HEAT-McEwan	HEAT-McEwan	Top Chef "High Steaks"		Restaurant Makeover		Iron Chef America		HEAT-McEwan
	31	SHOW	617	522	Wife Swap "JoJo and Dawn"		About a Girl	About a Girl	The Best Years (DVS)		Trailer Park	Trailer Park	The Shield (N)
	32	DISC	520	505	Smash Lab		After the Catch (N)		Daily Planet		Smash Lab		After the Catch
	33	SLICE	601	562	Rich Bride, Poor Bride		Plastic-Perfect	Matchmaker	Newlywed	In Laws	Rich Bride, Poor Bride		Plastic-Perfect
	34	W	602	567	Shopping Bags	Style by Jury	Will & Grace	Friends	Coleen's Real Women		Style by Jury	Style by Jury	Good Naked
	35	TLC	521	560	Mystery Diagnosis (HDTV)		Dr. G: Medical Examiner		My Shocking Story		Mystery Diagnosis (HDTV)		Med. Examiner
	36	BRAVO	620	523	To Dublin With Love		Celtic Roots	Irish Music	Law & Order		Without a Trace		*Mi Vida Loca*
	38	SPIKE	628	584	*Star Wars V: The Empire Strikes Back* ★★★★ (1980, Science Fiction) Mark Hamill.						CSI: Crime Scene Invstgtn.		Trek: Voyager
	40	HIST	522	506	Tony's Law		NCIS "Witch Hunt"		Crime Stories		Tony's Law		Worst Jobs
	41	COM	626	547	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	S. Silverman
	43	SPACE	627	528	Battlestar Galactica		Comic-Con-fidential		Stargate SG-1 (DVS)		Lost "Pilot" (Part 2 of 2)		Deep Space 9
	44	WPCH	294	650	MLB Baseball		Family Guy	Family Guy	Seinfeld	Frasier	*The Specialist* ★★ (1994, Action)		
	46	OLN	411	457	Angry Planet	Surf Patrol	Don't Forget Your Passport		Pilot Guides		Don't Forget Your Passport		Survivorman
	48	TROP	619	525	Planet Soap	Big Screen	Beverly Hills, 90210		Planet Soap	What Happen?	Family Guy	Seinfeld	Seinfeld
	50	STAR	621	527	Live at eTalk	Live at eTalk	The Tonight Show-Jay Leno		TMZ	eTalk	The Ellen DeGeneres Show (N)		Hollywood
	52	HGTV	600	564	Colin & Justin's Home Heist		The Stagers	Green Force	Holmes on Homes		Dirty Business	Outside	Colin-Justin
	65	TLN	700	800	48 Ore		Raymond	Raymond	George Lopez	George Lopez	The Sopranos (SS)		David Rocco
	92	APTN	269	350	News		Closer-Home	Great Towns	Wapos Bay	Rez Rides	Fish Out of	Mixed Blessing	First Nation
	93	VISION	261	394	Quantum Leap		Painted Nation		MythQuest		Bless-Father	On the Buses	Quantum Leap
	100	MTV	581	566	Making the Band 4		From G's to Gents		MTV Live	After	Making the Band 4		G's to Gents
	101	MM	570	580	Instant Star	Instant Star	Instant Star	Instant Star	The Shift		Pimp My Ride	Technical Diff.	disBand
	102	CPAC	512	396	Question Period		Revue Politique Headlines.		Primetime Politics		Question Period		Hse-Commons
	103	CLT	526	507	Missing Link		Mysterious Ways		Judging Amy "Kilt Trip"		Killer Next Door		Missing Link
	105	TV5	145	761	Samouraïs	Living stones	Le Compteur d'oiseaux		Journal TV5	Viva Américas	Sand, le réel et l'utopie		Nouva
	106	RDI	126	730	Le Téléjournal (SC)		Le Club des ex	Le National	Le Téléjournal (SC)		Le Journal RDI	Le National	Le Téléjournal

critics' corner

Fringe
It's not "The X-Files," but this new series from J.J. Abrams of "Lost" fame should appeal to fans of Mulder and Scully. Like "Lost," this one starts with an airplane — only this one didn't crash. It landed at Boston's Logan Airport with everyone aboard mysteriously dead. FBI Special Agent Olivia Dunham (Anna Torv) investigates with the help of a brilliant, institutionalized scientist (John Noble) and his son (Joshua Jackson). Lance Reddick also stars. 9 PM on CFRN KAYU EDACCESS

Live at the Rehearsal Hall
Fresh from being awarded a spot on Canada's Walk of Fame, singer-songwriter k.d. lang takes the stage in this new episode, performing songs from her most recent album, "Watershed." Released in February, it's her first collection of original material since "Invincible Summer" in 2000 and features the single "I Dream of Spring." 6 PM on BRAVO

Dancing baby
Dancing with the Stars pro Tony Dovolani and his wife, Lina welcomed a boy and a girl, Adrian Driton Dovolani and Adriana Dovolani early yesterday at a hospital near their Connecticut home. PEOPLE.COM

Celebrity Buzz

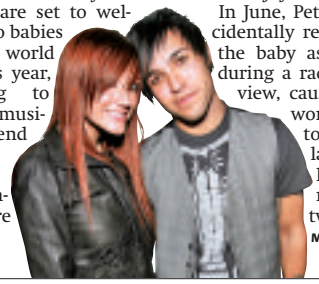
Watts prefers women

PEOPLE Actress Naomi Watts prefers filming love scenes with women, because she feels no "sexual tension" with them, imdb.com reports.

Watts, who shared a same-sex kiss with Laura Harring in 2001 movie Mulholland Drive, insists she is more at ease filming intimate scenes with women than men.

"The easiest sex scene I have done was in Mulholland Drive. That's because it was with another woman," she says. "There was no awkwardness and there was no sexual tension." METRO NEWS SERVICES

It's twins for Wentz, Simpson, pal says



CHILDREN Ashlee Simpson is reportedly expecting twins with husband Pete Wentz, femalefirst.co.uk reports.

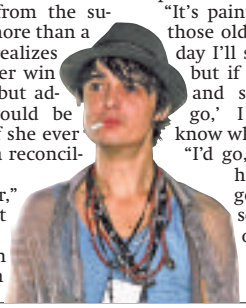
The 23-year-old singer and her Fall Out Boy rocker beau are set to welcome two babies into the world later this year, according to Pete's musician friend Tyga.

"Pete and Ashlee are having twins. They're really happy," hip-hop star Tyga told gossip website E! Online.

This is not the first time it has been claimed the couple are expecting two bundles of joy.

In June, Pete, 29, accidentally referred to the baby as "them" during a radio interview, causing fans worldwide to speculate Ashlee is carrying twins. METRO NEWS SERVICES

Doherty pines for Moss



PEOPLE Pete Doherty still loves Kate Moss, femalefirst.co.uk reports. The Babyshambles rocker, who split from the supermodel more than a year ago, realizes he will never win Moss back but admits he would be overcome if she ever attempted a reconciliation.

"It's over," he said. "But whether or not I'm over it, I'm not sure. It's so hard talking about someone you love after you have split up.

"It's painful to rake up those old emotions. Today I'll say I'm over it but if she walked in and shouted, 'Let's go,' I don't really know what I'd do.

"I'd go, but not with her. I would just go and cry somewhere. It's over. It's gone." METRO NEWS SERVICES

Sparks flies after Brand makes purity joke

MTV AWARDS Russell Brand angered American Idol champ Jordin Sparks when he made fun of purity rings at Sunday's 2008 MTV Video Music Awards, usmagazine.com reports. During his opening monologue, Brand (a confessed former sex addict) repeatedly joked about the Jonas Brothers' purity rings, saying they should take advantage of their celeb status to get lucky. Before introducing T.I., Sparks — who has been open about wearing a purity ring — slammed the comedian for making the remark. "I just wanna say, it's not bad to wear a promise ring because not every guy and a girl wants to be a slut, OK?" she told the audience. Brand later clarified his joke.

"I didn't meant to take it lightly," he said. Later, he added, "Promise rings, I'm well up for it. (But) a bit of sex, it never hurt anybody." METRO NEWS SERVICES

Britney mad at mom

GETTY IMAGES PHOTOS

FAMILY RIFT Britney Spears is said to be "furious" with her mother, Lynne, after she detailed her daughter's past in her memoir, Through the Storm, Page-Six.com reports. The book blames all of Britney's problems on her daughter's former managers. Spears — who already considered her mother a siphon on her purse — is "upset" about the book, sources said, especially when she feels Lynne herself caused so many of her problems and issues. Spears is now only talking to her father, Jamie, who, as her conservator and guardian, has cleaned up her affairs and put his daughter back on the straight and narrow. METRO NEWS SERVICES

Wedding bells for Bedingfield

MARRIAGE Natasha Bedingfield is ready to walk down the aisle, People.com reports.

The pop singer, 26, just got engaged to her boyfriend Matthew Robinson. "It just happened," she said. "But I am so excited, and it happened in New York. And I want to share it with the world.

She added: "We haven't thought about a date. We're just celebrating." I'm the luckiest girl in the world." METRO NEWS SERVICES

celebrity briefs

Mills reneged on charity?

MONEY Heather Mills may have failed to hand over a multi-million dollar charity donation, femalefirst.co.uk reports. The former model vowed to give "a large majority" of her $42-million divorce payment from Sir Paul McCartney to the Adopt-A-Minefield organization, of which she is a patron, but charity sources claim they haven't received anything.

"They have waited in vain for their millions. She's had plenty of time," a source said. Mills made the donation pledge in 2006, during divorce proceedings from the former Beatles star.

"Around 80 per cent of my money goes to charity," she also added in an interview last year. METRO NEWS SERVICES

Back to school for Turlington

PEOPLE Former supermodel Christy Turlington is to turn her back on fashion and head to college, imdb.com reports.The one-time catwalk queen is planning to study maternal and child health at Columbia University, according to the New York Daily News. Turlington, who has two children with actor husband Ed Burns, is passionate about maternal care and is an ambassador for humanitarian organization Care (Christian Action Research and Education). METRO NEWS SERVICES

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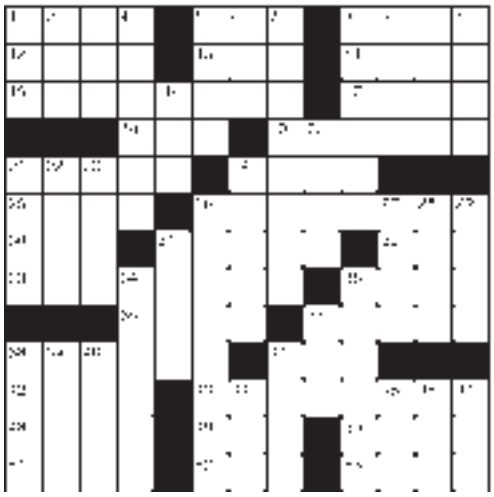
Boycotting his own show
Lost star Alan Dale reportedly stopped watching his own show during its third season because he "got sick" of its repetitive script and outlandish storylines. IMDB.COM

Take Five



Crossword down

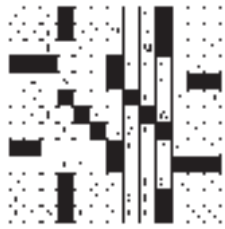
1 Knock
2 "— Town"
3 Consumed
4 Multicoloured
5 Ethereal
6 Japanese pond carp
7 Huge boa
8 False
9 Grad
10 Sidewalk edge
11 Hollywood clashers
16 Rowboat need
20 Colonial sewer
21 Wheel connector
22 Herr's wife
23 Pack down
24 Spirit in a bottle
26 Jeff Probst's show
27 Raise up
28 Busy with
29 Mideast gulf
31 Baby horse
34 Wellness
35 "Heavens!"
37 Witticism
38 Saharan
39 Sax-playing Simpson
40 Kesey and Olin
41 Con job
44 "— Got a Secret"
45 Caviar, essentially
46 11-Down counterparts
47 Request

Find today's answer and play more games online at metronews.ca

Crossword across

1 Wander
5 Alias abbr.
8 Wear a rut in the rug
12 Ford or Lincoln
13 Charged bit
14 Punch
15 South African city
17 Franc replacement
18 Deposit
19 Hansel and Gretel's trail
21 Subsequently
24 Acceptable
25 MRI forerunner
26 Brain's stimulus receptors
30 Felon's flight
31 Money
32 Conclude
33 Happiness, plus
35 Partner
36 Roof overhang
37 Long-popular comedian Cohen
38 High-pH chemical
41 Boar's companion
42 Cambodian money
43 Capital of British Columbia
48 "— It Romantic?"
49 Eggs
50 Fishing gear
51 Morse symbol
52 Sleep phenom
53 Dilbert's place

previous day's answer



Horoscopes

AVATAR VENUS

ARIES ♈
MARCH 21-APRIL 20
Don't make a fool of anyone. An analyst forces you to detach yourself from a grouch. Someone is using you as a scapegoat.

TAURUS ♉
APRIL 21-MAY 21
Doubt is cast on a bad decision. Stay home and ponder your life, if a wicked statement is made. Insurmountable obstacles will be conquered.

GEMINI ♊
MAY 22-JUNE 21
You'll become a force to be reckoned with. An adventure causes a discussion to take place. A potential partner is ready and willing.

CANCER ♋
JUNE 22-JULY 22
Let go when hurt feelings run through your mind. Refuse to underestimate your power. A stroke of luck leads to excitement.

LEO ♌
JULY 23-AUG 23
The countdown to a disagreement begins. It's time to be bold with an incompetent man. An alliance takes on an exciting importance.

VIRGO ♍
AUG 24-SEPT 22
A cherished leader can cause a revolution. A buddy's need for security is obvious. Refuse to waste your time with fools.

LIBRA ♎
SEPT 23-OCT 23
A new friend brings about a change in direction. Be passionate about your faith in humanity. You can ask for favours from a relative.

SCORPIO ♏
OCT 24- NOV 22
Someone will decide what's best for you. A companion will inspire thoughts of generosity. Don't fall in love with a selfish person.

SAGITTARIUS ♐
NOV 23- DEC 21
You'll dream of being with a compassionate person. A caller is too animated for comfort. Unusual words will cause brief difficulties.

CAPRICORN ♑
DEC 22-JAN 20
An agreement may cause you to be feared. Be happy about being at the controls. Your actions may lead to an insight.

AQUARIUS ♒
JAN 21-FEB 18
A chaotic situation will clear up. Take someone for a walk if you want to talk. Pushy people have lost their former charm.

PISCES ♓
FEB 19-MAR 20
Take command in a disputed matter. A dedicated person will experience neglect and spoil certain plans. Love strengthens your commitment.

This day in history

SEPT. 9, 1543: Mary Stuart, at nine months old, is crowned "Queen of Scots" in the central Scottish town of Stirling.
SEPT. 9, 1776: The Continental Congress officially names their new union of sovereign states the United States.
SEPT. 9, 1914: World War I: The creation of the Canadian Automobile Machine Gun Brigade, the first fully mechanized unit in the British Army.
SEPT. 9, 1922: Greek-Turkish war has ended with Turkish victory over the Greeks.
SEPT. 9, 1956: Elvis Presley appears on The Ed Sullivan Show for the first time.
SEPT. 9, 1933: The Palestine Liberation Organization officially recognizes Israel as a legitimate state.

METRO NEWS SERVICES

Sudoku

			4	5		9	7	1
				7			3	6
		6				2		
1			5				8	
		9				4		
	8				3			2
		4				8		
2	9			6				
3	7	5		1	8			

HOW TO PLAY SUDOKU:
The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

previous day's answer

6	4	7	5	1	3	8	9	2
9	1	2	8	4	6	3	5	7
8	3	5	7	9	2	6	4	1
4	9	1	3	6	7	2	8	5
7	2	8	9	5	1	4	3	6
5	6	3	4	2	8	1	7	9
1	8	4	6	7	5	9	2	3
3	5	6	2	8	9	7	1	4
2	7	9	1	3	4	5	6	8

SUDOKU SOLVE TIME:
Under 13 min . . . . . Genius
13-17 min. . . . . Scholar
17-21 min . . . . . Smart
21-25 min . . . . . Not bad
25+ min . . . . Keep practising

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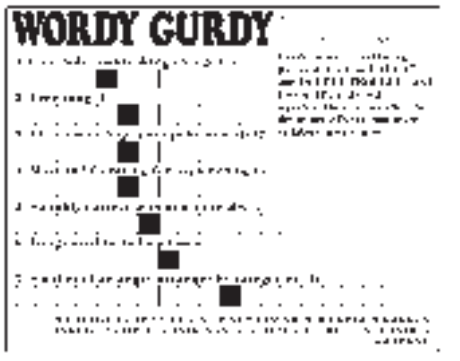

Edmonton weather

The Weather Network theweathernetwork.com

Afternoon	Tonight	Wednesday	Thursday	Friday
Variable. 14°	Variable. Low 6°	Partly cloudy. 16°/5°	Mainly sunny. 22°/7°	Sunny. 17°/4°

Temperature
Normals
High: 18°
Low: 5.2°

Records
High: 32.9°/1981
Low: -2.8°/1910

Sunrise: 6:58 a.m.
Sunset: 8:03 p.m.
Moon does not set
Moonrise: 6:02 p.m.

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